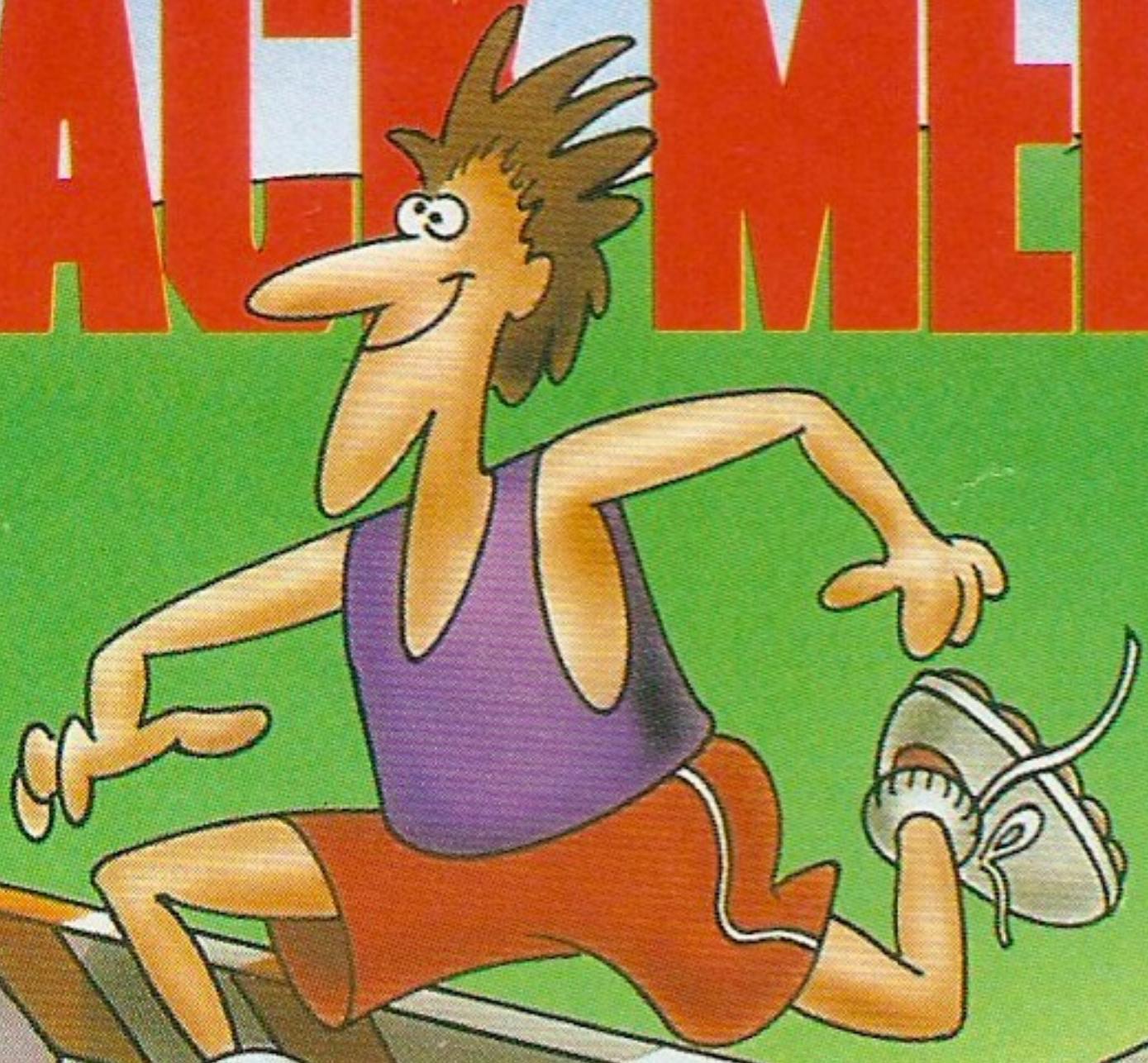


Nintendo

GO
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TRACK MEET™



Interplay™

INSTRUCTION BOOKLET

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Thank you for selecting the Nintendo Game Boy Game Pak "Track Meet." We recommend that you read through this booklet thoroughly before beginning to play to maximize your enjoyment of the game and then keep this booklet around for later reference.

Care of Your Machine

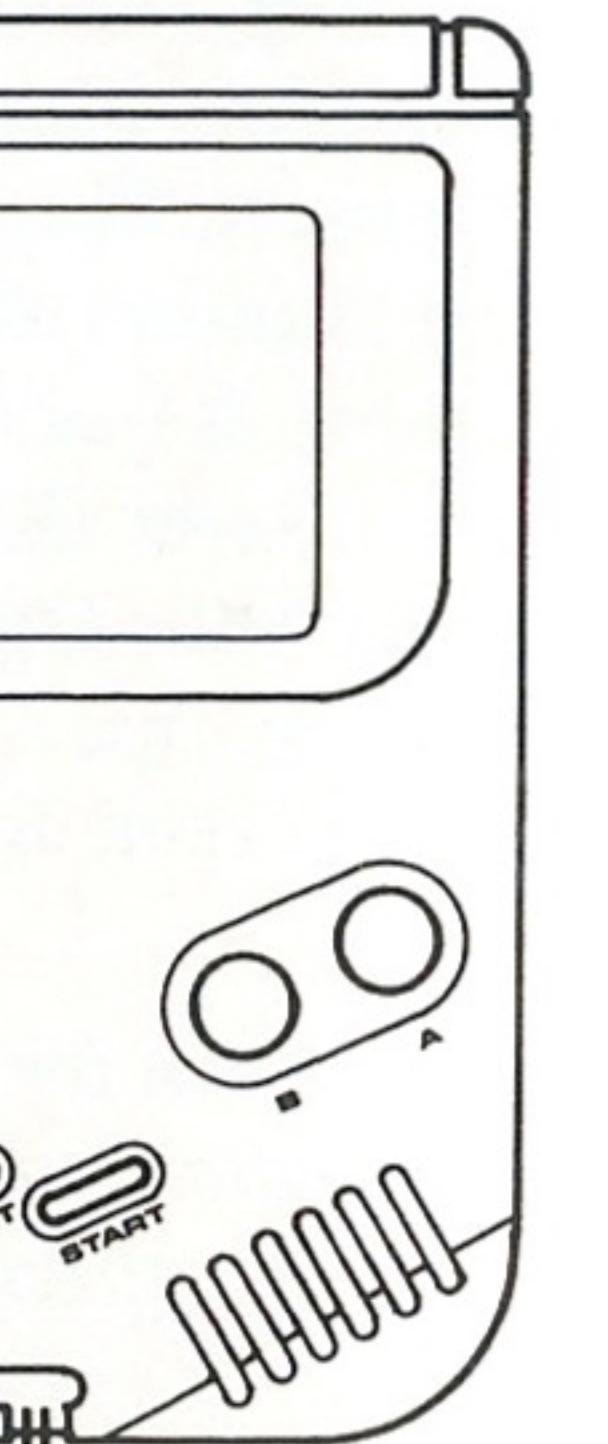
1. If you are going to be playing for a long time, try to take a break for several minutes every hour.
2. Your equipment is precision-built. Do not store it in extreme temperatures or expose it to rough handling or shock. Do not take your Game Boy or Game Pak apart.
3. Do not touch the terminals or let them get wet.
4. Do not try to clean your equipment with volatile solvents such as thinner, benzene, or alcohol.
5. When not using your Game Pak, store it in its protective case.

Operating Your Controller

How to Use the Controls:

* **A Button** -- Selects items in the Main Menu and transfers from screen to screen. It is also used in various track events.
(see Explanation of Events)

* **B Button** -- RUBs out characters when entering your name or entering your saved game code. Also used in various track



events. (see Explanation of Events)

* **START Button** -- Starts the Track Meet. PAUSEs the game during track events.

* **SELECT Button** -- Can be used to transfer from screen to screen.

* + **Control Pad** -- Use the up and down portions of your four-way controller to move up and down menus and all four directions when inputting your name or saved game code.

Starting the Game

1. Properly insert your TRACK MEET game cartridge into the Game Boy.
2. Turn on your Game Boy.

3. After Nintendo drops from the top of the screen, the title screen will appear.

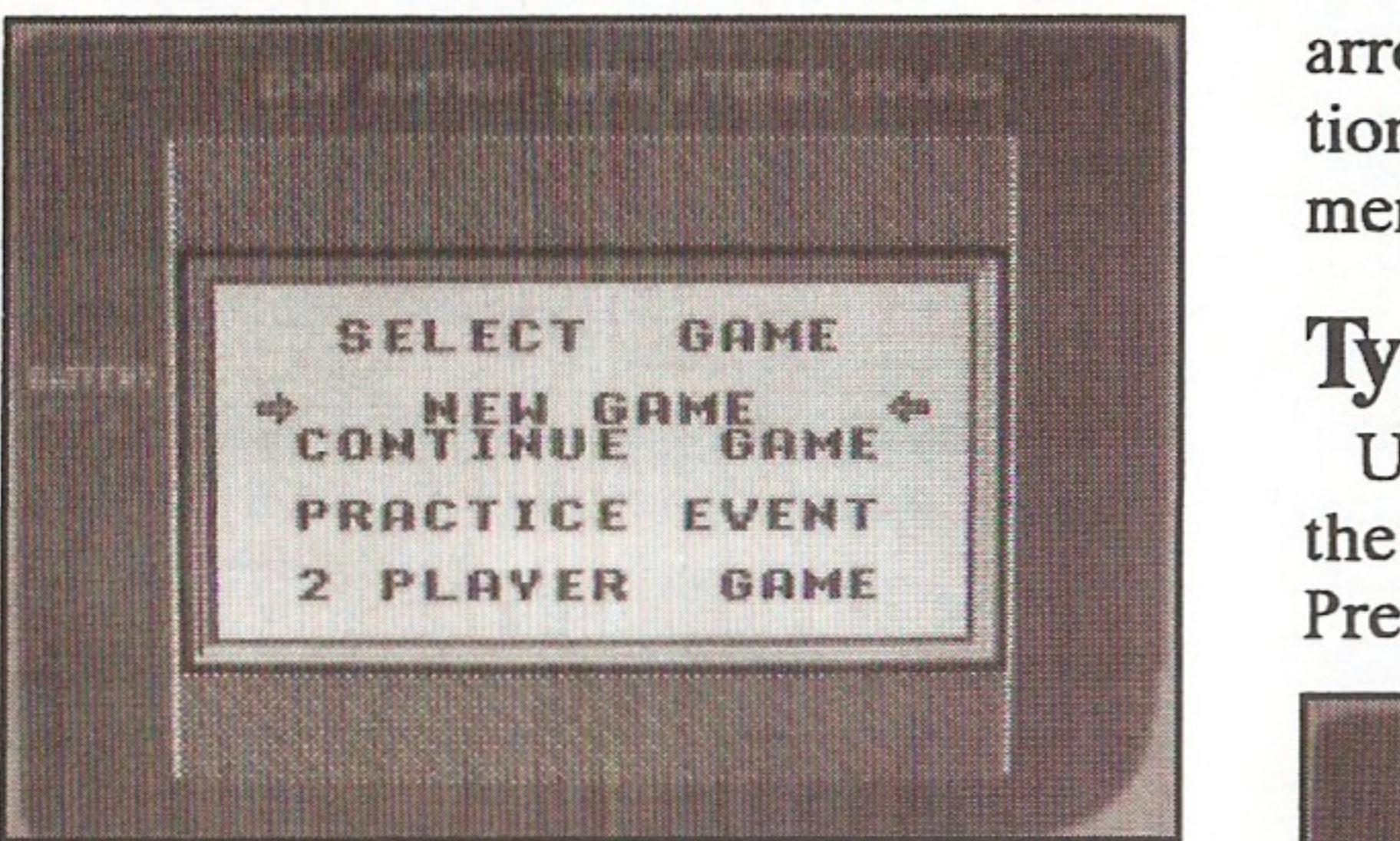
4. Press the A BUTTON to get past the title screens.

5. The Main Menu will then appear.

The Main Menu

The following are your options at the Main Menu:

1. **New Game** -- Start an entire track meet going through each event and competing against several opponents. You can type in your name.
2. **Continue Game** -- Continues a game where you left off. You can type in your name.
3. **Practice Event** -- Allows you to practice one event of your choice. You



The Main Menu Screen

will be asked which event you wish to practice.

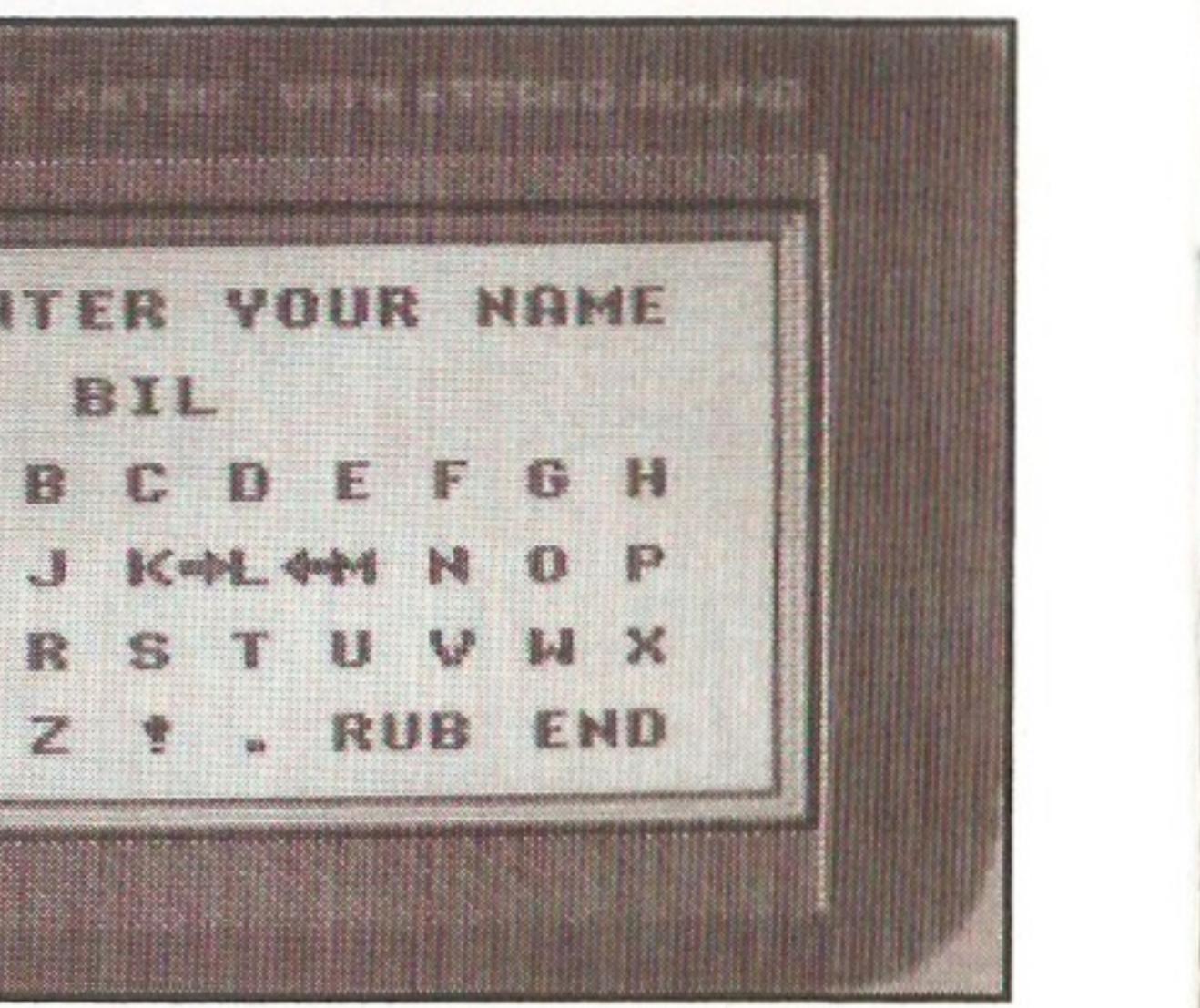
4. 2 Player Game -- Allows you to compete against a friend in a track meet.

Select the option you would like by moving the arrow selectors up and down with the four-way controller and pressing the A BUTTON when the

arrow selectors are pointing to the option you want to select. (NOTE: All menus work in this manner.)

Typing in Your Name

Use the four-way controller to move the arrow selectors around the screen. Press the A BUTTON when the arrows



Typing In Your Name Screen

are pointing to the letter you would like to select. You will see the letters you select appear in order at the top of the screen. If you make an error, press the B BUTTON. You can use the SPC to put a space in the middle of your name. When you are finished entering your name, press START or move the arrow selectors to END and press the A BUTTON.

Explanation of Events

Basic Power Technique

In all the events, you will press the A BUTTON repeatedly, as fast as you can, to get your power up. In the running events your power will make you run faster, and in other events they will

give you more power to throw the discus or javelin or jump farther.

When to Go

In the running events, you are told "On Your Mark, Get Set, Go!" You should only start running when you see the word "Go". If you start before that, you will get a false start and have to start over. If you get three false starts, you get no points for that event.

1. 100 Meter Dash

Press the A BUTTON repeatedly to get your power up. When you and your opponent cross the finish line, the event is over.

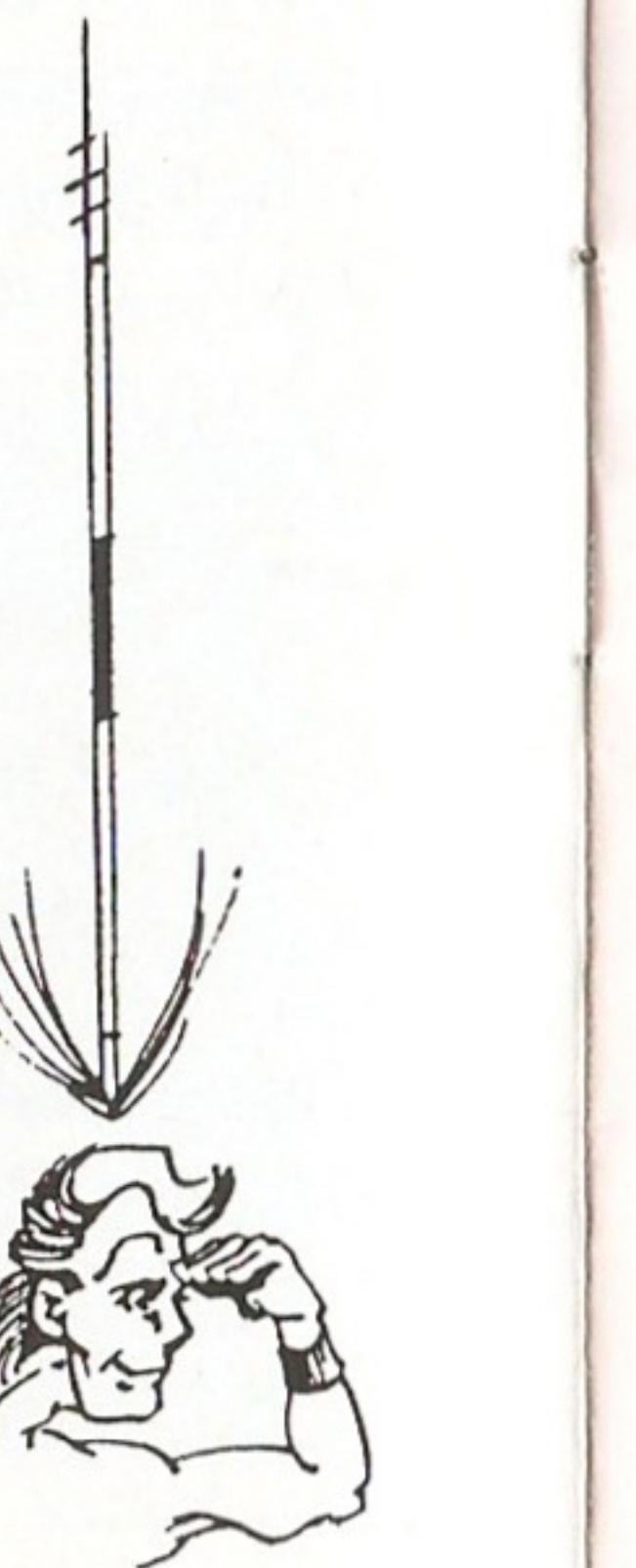
2. Hurdles

Press the A BUTTON repeatedly to get your power up. When you come to a hurdle, press the B BUTTON to jump over it. The longer you hold down the B BUTTON, the higher you will jump, but if you hold it down for a long time, you will slow down until you hit the ground again.



3. Javelin Throw

Your opponent will throw the javelin first. When it is your turn, start by pressing A repeatedly to get your power up. When you run across the first line, press the B BUTTON to start tilting your javelin upward. As you do this, keep your power up with the A BUTTON! To throw the javelin, press the B BUTTON again. You must throw the



javelin before you get to the end of the track.

You get three tries at the javelin throw and only the best throw counts for points.

4. Pole Vault

Your opponent will go first. When he is finished, you first must select the height of the crossbar you have to jump over, from 3 to 5 meters.

When it says "Begin



your Run", get your power up by pressing A repeatedly. When the tip of your pole is over the dark box right in front of the crossbar, press B to plant the pole in the ground. You will vault up toward the bar. When the pole is almost straight up, press B again to jump off the pole and over the bar.

If you miss the box when you plant the pole, you get two more attempts for that vault. You get three attempts for each height you try. After every successful vault, you can change the height of the bar for the next one.

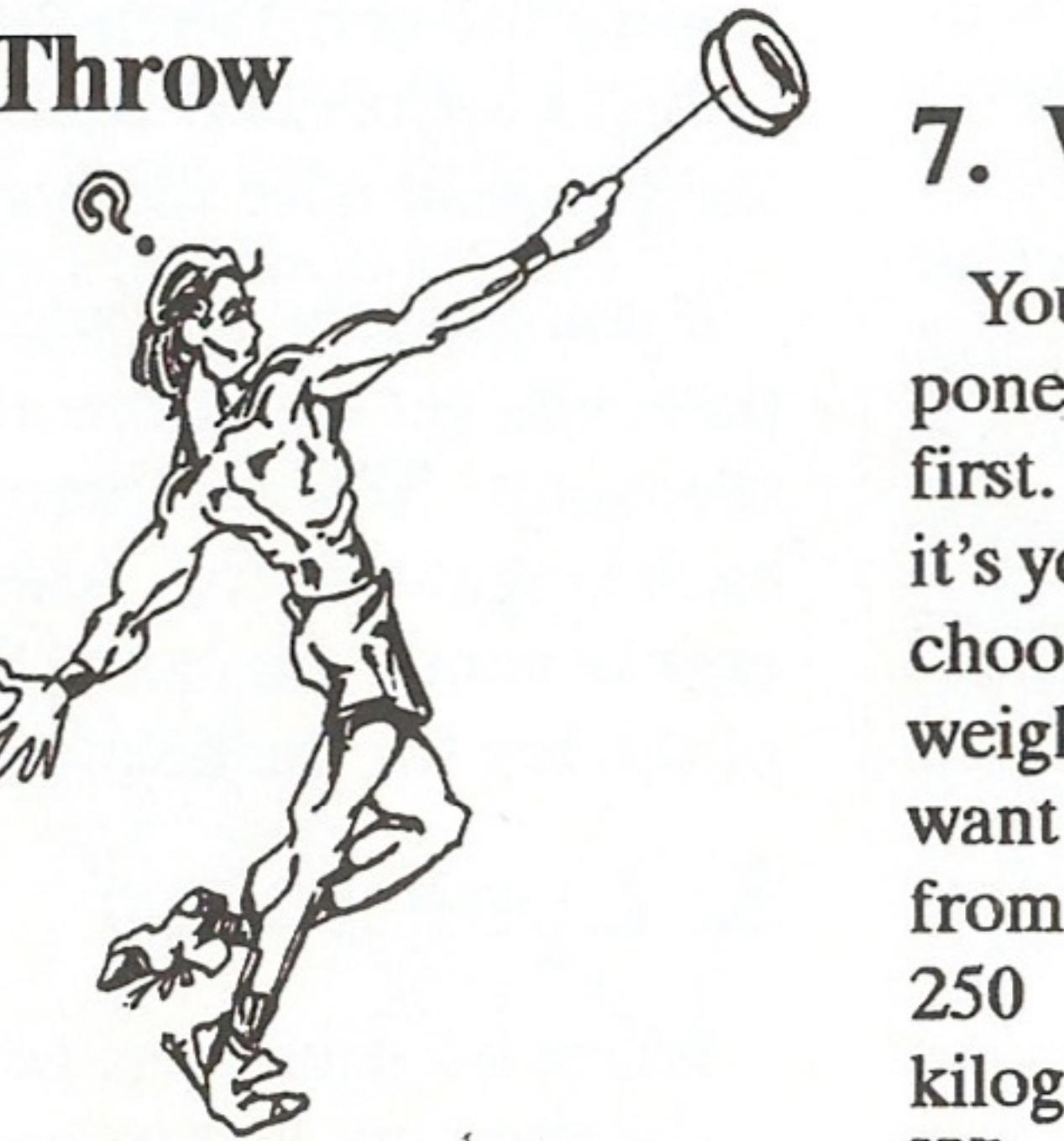
5. Long Jump

When it's your turn, get your power up by pressing A repeatedly. Press B right before you reach the limit line just

before the sand pit. You will stop running and an angle indicator will appear to show the angle you will jump at. Press B again to jump at that angle.

6. Discus Throw

Your opponent goes first. When it's your turn, press A repeatedly to start turning around and increase your power. When you have turned around one and a half times, press B to throw the discus. You



should throw it when your arm is pointing to the bottom right. Try to throw the discus as straight as you can for more distance.

7. Weightlifting

Your opponent goes first. When it's your turn, choose the weight you want to lift, from 50 to 250 kilograms. When you start, press A



repeatedly to increase your power. When you start to stand up, press B to hoist the bar up to your shoulder height. Keep pressing A to keep your power up! When you start to stand up again, press B again to hoist it up over your head. When you have it up to the very top, press B a third time to keep it up.

Each time you press B to lift the weight a little higher, you should be careful to press it when you are positioned to lift. If your power isn't high enough, you may not be able to keep your position long enough to press B.

You start with four endurance points. As you keep your power up by pressing A, your endurance goes down. You need to lift the bar up with the B BUT-

TON before your endurance goes down to zero.

Saving and Continuing Games

At the end of every round, you are given a code. **WRITE THIS CODE DOWN!** This is your code to continue your game at a later time. After writing down the code, you can continue with the next round of the track meet or you can quit.

To continue, select the Continue Game option from the Main Menu. You will then be asked to type in your name. (See Typing in Your Name.) You will then be asked to type in your saved game code. Type in your code

using the same controls as you did for typing in your name and select END when finished. If you entered your code in correctly, you will then continue your track meet with your next adversary. All your accumulated points from the previous rounds will be saved!

Two Player Games

Before selecting 2 Player Game from the Main Menu, make sure you have connected two Game Boy units with a Game Link cable. Both Game Boy units require a Track Meet cartridge. When one player selects 2 Player Game, both players will be taken to the Enter Your Name screen. After both players enter their names, the track meet will begin.



In the 100 Meters and Hurdles, both contestants go at the same time. In the other events, the Game Boy screen will prompt you as to whose turn it is. Accumulated point totals are retained and the winner is declared at the end of the round.

Meet Your Opponents

A. Ricky the Barbarian

The strength of 100 men and the IQ of a garden snail - Ricky doesn't understand most of the events and does poorly in them. Watch out when it comes to weightlifting, however. One point of advice:



C. Kenichi Katana Ninja

A formidable opponent - Kenichi uses the devices of a ninja to his advantage.



Ricky loves cookies, so never give him anything that looks like a cookie.

B. Swammi Pastrami

A master of illusion - Swammi uses illusionary items and magic carpets to compete. Without them, he would be worse than Ricky.



D. Irwin B. Cheetin

The most creative player in history - It might help you understand Irwin if you abbreviated his first name to just I. Note that cheating cannot propel you to the top.



E. Jack Strop

The most endorsed man in the world - Jack uses nothing special; he is simply the best. He has been the world Track Meet champion for over ten years. Will you be able to defeat him?

Playing Tips

1. The Quick Start -- For the 100 meters and the Hurdles, try to time your start perfectly by counting the seconds after the "On Your Mark" first appears on the screen.

2. The Low Jump -- Keep your jumps as low as possible in the Hurdles to avoid lengthy time delays.

3. Get The Best Angles -- The angle that you throw the javelin depends on how early you first press the B BUTTON. If you press B too late, you will be throwing the javelin straight and it won't go very far. If you press B too early, it will go very high in the air but won't go very far. If you throw it at about a 30-degree angle, you will get

the maximum distance. You can get the best javelin angle if you wait about an inch past the first line.

For the Long Jump, try to wait until the last step before pressing the B BUTTON. Wait until the angle is about 35-degrees before pressing B again to get the maximum distance.

4. Do The Easy Ones First -- For the Pole Vault and Weightlifting, first attempt values you know you can succeed at, then proceed to the more challenging ones. This way you are guaranteed to get some points even if you fail at the higher values.

5. The Center is Better -- For the Discus Throw, try to throw the discus down the center of the field. This will make it travel the farthest.

6. Be Patient -- For the Long Jump and Pole Vault, don't press the B BUTTON the second time too soon. This will result in a jump straight up for the Long Jump and certain failure for the Pole Vault.

Basic Track Terms

All the events in Track Meet are scored as per the events in a real track meet. There are many books available which show the scores for each event in a real track meet or decathlon. You can look up and compare your records against those of the Olympians!

Baton -- The aluminum tube passed in a relay event.

Cage -- The chain link fence around the ring for the hammer throw and sometimes the discus.

Clean and Jerk -- The motion performed to lift weights in the weightlifting event.

Decathlon -- a series of ten events which take place over the course of two days.

False Start -- In a running event, when an athlete moves out of the starting blocks before the gun sounds.

Fault -- Occurs when an athlete fails to operate within the rules for an event.

Foul Line -- In the javelin throw, the athlete must throw the javelin before reaching this line to avoid a fault.

Gun -- Running events are begun with the sounding of a gun. If a runner leaves the starting blocks before the gun sounds, it is a false start. The gun does NOT have real bullets.

Lanes -- The path that runners are often required to stay within.

Pit -- The foam mat that an athlete lands on in the high jump and pole vault events as well as the sand pit that an athlete jumps into for the long jump.

Relay -- a four person event where each person runs a portion of the race and passes a baton to the next person.

Ring -- The area from which you throw the discus and hammer throw.

Spikes -- Lightweight shoes with metal spikes. Different spikes are required for different events.

Starting Blocks -- The starting positions for athletes in running events.

Tape -- The finish line for all running events.

If you enjoy the Game Boy version of a track meet, you may be interested in trying some of these events out for real. Before trying anything on your own, always check with a coach who has experience with the event you wish to try. These events are much more difficult when you do them yourself and require much practice!

Scoring and Special Functions

At the end of each event, you are given a score. This score is accumulated with your other scores for that round. At the end of a complete round of Track Meet, your total score for that round will be compared with that of your adversary. If your score for that round is higher than your adversary's, you will be allowed to continue to the next round. Before you advance to the next round, your score for that round will be accumulated with your other round scores. When your game is finished, your grand point total will be displayed.

Press SELECT, START, A BUTTON, and B BUTTON all at the same time and the game will reset.

Watch your Game Boy screen carefully. Many different things are happening! The crowd may perform "the wave." Signs are hung from the stands. Your opponents will do strange things for some events. Sometimes even your athlete will have something unusual happen to him.

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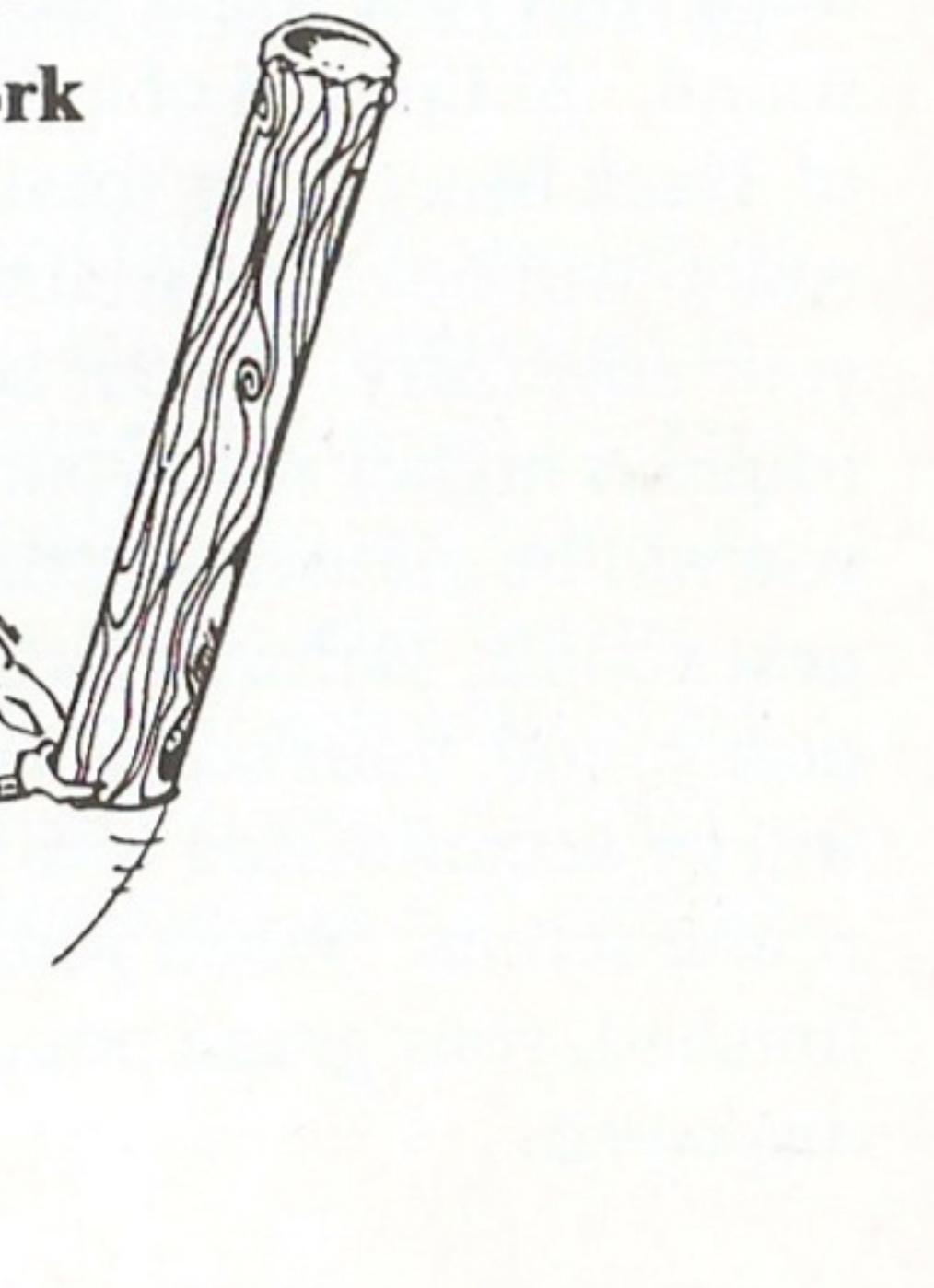
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Printed in Japan